



**POLITICS**  
**WHICH CANDIDATES  
WILL JOIN THE DEBATE  
ON WOMEN'S ISSUES?**

**Megan Leslie,  
NDP**

**IN**



**Andy Fillmore,  
Liberal**

**IN**



**Thomas Trappenberg,  
Green**

**IN**



**Irvine Carvery,  
Conservative**

**OUT**



See story, metroNEWS

## Dalhousie quiet about alleged shooting plot

**CRIME**  
**Court records  
claim student  
threatened to  
kill 20 people**



**Stephanie  
Taylor**  
Metro | Halifax

The university whose faculty and students were allegedly targeted by a disgruntled student planning to kill up to 20 people has been tight-lipped in regards to the situation.

On Tuesday, a woman who works at Dalhousie University's College of Pharmacy building, located next to the Charles Tupper Medical Building, said she's heard nothing from the school in regards to the case of Stephen Gregory Tynes or the heightened security measures implemented since.

"We really haven't received any information from the university itself. Everything's just been people talking," the woman, who chose not to disclose her name, told Metro.

She said she has heard from friends in the medical school that an internal email was circulated about the incident, but "we certainly didn't get anything in the pharmacy building."

"We access that building all



**A security guard is posted in front of the Sir Charles Tupper Building on Tuesday. JEFF HARPER/METRO**

the time to use equipment," she said. "If it's true that the seriousness of the situation is a lot more than an idle threat, I would have preferred to have been aware that something was happening."

Even if the university was not aware of the gravity of the situation, the woman said, "an email would have been nice."

A sign posted on the ground-level doors of the Charles Tupper Medical Building explains that access to that building and the Clinical Research Centre has been restricted to the courtyard of the Tupper since Aug. 26.

Security has been present at those doors since last week, with

students required to show their Dal ID to enter.

On Tuesday, the Dalhousie Student Union declined Metro's request for comment, saying only that its executive committee would be looking into the matter further.

The university has not issued a statement on the matter and on Tuesday was not available for comment.

The search warrant documents filed with Halifax provincial court allege that 30-year-old Tynes met with a psychiatrist Aug. 20 and told the doctor he would stab the associate dean of undergraduate medical edu-

**+ MORE DETAILS**

- Chris Hansen, spokeswoman for the public prosecution service, says Tynes was arrested the same day as his meeting with the psychiatrist and was later charged with uttering threats and engaging in threatening conduct.
- Hansen says Tynes appeared in court last Tuesday for a bail hearing and was released on conditions that he live at his father's home and have no contact with women he is alleged to have threatened by name.

cation and her daughter, who was also his classmate.

In the documents, police say they later went to an apartment in Halifax and seized 1,834 rounds of ammunition for rifles, a Russian SKS rifle, a Henry Golden Boy .22-calibre rifle, a banana clip for a rifle, a baggie with three spring clips and bore cleaner, two ammunition boxes, a firearms acquisition card and a gun club card.

None of the allegations have been proven in court.

Dalhousie University has said Tynes has been suspended from the school.

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## SAFETY

### Police urge drivers to slow down

Halifax police are reminding drivers to slow down around school areas and behind buses this week, as kids head back to school Wednesday and Thursday.

On Tuesday, Halifax Regional Police spokeswoman Const. Dianne Woodworth said it's important for drivers to get their mind out of summer mode and reduce their speed near schools, be aware of buses stopping to let children off or on, and be aware of crossing guards.

"We just can't ask people to be careful enough," Woodworth said.

"We can warn the children and tell them to be careful, but at the end of the day they are children, so the adults kind of have to take the upper hand."

Woodworth said it is still important for parents to teach their kids basic traffic safety before the school year begins, such as not darting between parked cars and the importance of looking both ways before crossing the street.

"You can't check enough times," Woodworth said.

It's also a good idea to plan out a safe route to the school if the student is walking, Woodworth said, and make sure they use the "buddy system" if they're travelling without an adult.

The traffic unit will be out conducting checkpoints and being very visible as they promote this month's "back to school" safety theme, Woodworth said.

"Just slow down and take your time, it's better than the alternative," she said. METRO

# Mouldy discovery delays beginning of school year

## EDUCATION

### Brookside Junior High closed until next Tuesday



**Haley Ryan**  
Metro | Halifax

Students at Brookside Junior High School are getting a few days added to their summer va-

cation as they wait for mould to be removed from the building.

The opening of the school in Hatcher Lake has been delayed until next Tuesday, said Halifax Regional School Board spokesman Doug Hadley.

Junior high and elementary schools across the Halifax region are opening Thursday, with high schools starting Wednesday.

Brookside is the worst case in a slew of schools that were found to have developed mould over the summer holidays when

the staff returned Aug. 24.

"The work is a bit more extensive because it extends on to second floor," Hadley said Tuesday.

The mould was found on doors, ceiling tiles, furniture and on many books and learning materials, the school board said.

Hadley said the cleaning should be finished by the end of this week, but air testing will also be done to ensure everything is safe before the return of the children and staff.

## + BACKGROUND

Repairs to the school will be more extensive than expected as the mould has spread to the second floor.

"(It's) very unusual," Hadley said.

"We've seen it occur in the past, but it's been several years since we've seen anything to this extent."

Hadley said janitors were in Brookside in July, but the school sat empty for about three weeks over the holidays during high levels of humid weather.

There was "quite a bit of mould" also removed from the first floor of Tantallon Junior Elementary School, Hadley said, and the air-test results were due back Tuesday.

Gaetz Brook Junior High, Inglis Street Elementary and St. Agnes Junior High had "very minor" surface mould that was cleaned up quickly, Hadley said.



Mould removal specialists were on-site at Brookside Junior High School on Tuesday. JEFF HARPER/METRO

## MOURNING

### 'He was one of those teachers that believed in every kid'

When St. Agnes Junior High School welcomes back students and staff this Thursday, one important person will be missing.

Stephen Scott, a math and French teacher at St. Agnes who coached many sports teams, passed away this week in his late 40s.

"He was one of those teachers that believed in every kid, and believed that every kid had a future no matter what," Kyle Preston, 16, said Tuesday.

Preston had taken math and healthy living with "Mr. Scott"

in Grade 9, and also had him as a basketball coach.

"It's a really big loss for the school and everybody's deeply impacted because of the person that he was," Preston said.

Preston, now going into Grade 11 at Halifax West, said he heard about Scott's passing Monday through social media, and saw students from his year and others posting stories of how much he meant to them.

Scott wasn't your typical teacher since he rarely used textbooks, Preston said, but "taught his own

unique style."

"It's sad to see somebody go at such a young age, because now the kids in the later generation won't be able to experience his teaching," Preston said.

School can be hard for many, but Preston said Scott took time to explain the material in multiple ways to make sure everyone understood, and never rushed.

"He would never leave a student behind, so it really brought everybody together," Preston said. "Most people don't look forward to math class, but a lot

of the kids really did because he made it ... fun to learn."

Scott was also a coach that would never yell, Preston said, but offer help and advice if you did something wrong.

However, it was the moments that happened after the work was done, when Scott would talk about his childhood and life with his class, that Preston said he will remember most.

"He definitely cherished every moment in life and he definitely didn't take anything for granted. He just meant so much to the

kids," Preston said.

St. Agnes principal Brad McGowan said Scott was a much-loved teacher and coach who played an "enormous role" in both the community and school.

"He will be greatly missed, and it's a shock for everyone. It's difficult when you lose a member of the family," McGowan said.

McGowan said Scott's family is planning the funeral this Saturday at nearby St. Agnes Church to accommodate the large number of students and staff who want to attend. HALEY RYAN/METRO



Stephen Scott with one of the teams he coached.

FACEBOOK



# ‘The show must go on’

## ATLANTIC FRINGE FESTIVAL

### Organizers celebrate 25 years, despite funding cut



**Stephanie Taylor**  
Metro | Halifax

Two days before the opening curtain is drawn on this year's Atlantic Fringe Festival, its director can only laugh when asked how he's feeling.

"Groggy, but grand," Thom Fitzgerald said Tuesday, adding one cup of coffee just doesn't cut it these days.

And who can blame him? After organizing the 10-day event that will see 300 performances of 50 plays at venues across Halifax, only to learn 40 per cent of the festival's funding was slashed a month before the event itself, it's been quite the ride leading up to this season's 25th anniversary.

"Having a substantial grant cut should never happen to an organization in the weeks leading up to the festival," Fitzgerald said.

Last year, the fringe received around \$14,500. In contrast, this year, it received less than \$9,000 from the municipality under a marketing levy and special event grant reserve program, which Fitzgerald described as a tourism-based fund.

He said the cutback resulted in having to cancel 10 per cent of the shows, with six fewer running than in 2014.

The festival will also rely more heavily on volunteers and as of Tuesday had raised \$2,400 out of a goal of \$6,000 in an Indiegogo crowdfunding campaign to make up a small portion of the dif-

ference.

"We want to make sure the money is going to put the shows on the stage and to connect audiences with the artists," Fitzgerald explained.

"We've done a good job of making sure that the show must go on without sacrificing any of what's great about fringe."

A tighter budget also means less pizzazz for a ball that will be held

on the festival's closing night to honour its 25-year milestone.

"We were going to have a fancier party, a silver ball," Fitzgerald said.

"Now it's a

tin foil ball."

But despite any obstacles, the show has — and will — go on, Fitzgerald said, with this year offering more out-of-town plays.

"Fringe is adventurous theatre."

From magic shows and a comedy night to serious drama and children's-style theatre, Fitzgerald insists "there really is something for everyone."

For more information on the full-festival lineup, please see: <http://atlanticfringe.ca>.



**Gillian English from Drag Queen Stole My Dress.**  
CONTRIBUTED

## + HIGHLIGHTS

• **Drag Queen Stole My Dress**, by Gillian English  
This comedy takes audiences through the perils of being a tall woman. Performances run Sept. 4-11 at Theatre NS Living Room. Tickets: \$10

• **Ginger Nation**, by Shaun Hitchens  
The comedic story of a gay sperm donor trying to repopulate the world with gingers. Performances run Sept. 3-13 at Bus Stop Theatre. Tickets: \$10

• **Love with Lelia**, by Izard Eternadi  
A gender-bending comedy about Lelia, a charming — and bearded — Persian woman, who falls in love. Performances run Sept. 5-13 at Fort Massey Church. Tickets: \$10

• **Confessions of an Operatic Mute**, by Briane Nasimok  
A comedy that retells the writer's own first experiences with live theatre, offering behind-the-scenes happenings at the opera. Performances run Sept. 3-12 at The Waiting Room. Tickets: \$10



**Check out Shawn Hitchens in Ginger Nation, a comedy about a gay sperm donor trying to repopulate the world with gingers.** CONTRIBUTED

## WINDSOR STREET

### Teens charged with attempted murder after Halifax stabbing

Two teens face charges, including attempted murder and misleading police, after a stabbing in Halifax on Sunday night.

Around 11:35 p.m., Halifax Regional Police responded to a report of a stabbing on the 3000 block of Windsor Street.

Officers found a 23-year-old woman at that address suffering from multiple stab

wounds, and she was taken to hospital for treatment where she remained Tuesday.

Officers surrounded the area and brought in a police dog, resulting in the arrest of an 18-year-old man and a 19-year-old woman on the 3000 block of Robie Street.

Matthew Burns of Halifax, 18, faces charges of at-

tempted murder, possession of a weapon for a dangerous purpose, and misleading police.

Nilam Premji, of Halifax, 19, has been charged with accessory after the fact and misleading police.

Both Burns and Premji were held in custody and set to appear in Halifax provincial court Tuesday. METRO

## DARTMOUTH

### Police called to two unrelated stabbings within five hours

Halifax Regional Police responded to two unrelated stabbings within four and a half hours of each other Tuesday.

Both occurred in Dartmouth, the first at about 11:30 a.m. on the 0-100 block of Trentonian Lane, while police responded to the second at about 3:50 p.m. in the area of Farrel Street and Windmill Road, according to a

police news release.

A 22-year-old man was stabbed during an altercation with two or three other men outside a residence in the first case, while a 64-year-old man was stabbed "by a man known to him" in the second case, police said, adding both victims sustained non-life threatening injuries.

There was no descriptions available of the suspects in the morning stabbing as of late Tuesday, but police have taken a suspect into custody in regards to the afternoon stabbing.

Officers were still at the scene of the second case early Tuesday evening, the police news release said.

KRISTEN LIPSCOMBE/METRO

## GOVERNMENT

## Cabinet's expenses get online treatment

The monthly expenses filed by Nova Scotia cabinet ministers are now available to the public for the first time online.

Although expense claims filed by members of the legislature have been available online since the fall of 2010, ministerial expenses had only been available in a series of binders kept in the legislative library.

The first online edition lists expenses for each minister and their executive assistants from April 1 to July 31.

The largest expense of about \$5,889 was registered by Agriculture Minister Keith Colwell for a nine-day trip to China in June.

Premier Stephen McNeil spent more than \$10,500 on a series of six trips over the period including about \$4,689 for a multi-city European trade mission in early June.

The smallest expense filed was an 89-cent mileage claim submitted by Immigration Minister Lena Metlege Diab.

THE CANADIAN PRESS



**Premier Stephen McNeil claimed \$10,500 on a series of six trips between April 1 and July 31.** JEFF HARPER/METRO

### IN BRIEF

#### N.S. ice cream maker buys Quebec company

Scotsburn Ice Cream Co. has completed its purchase of Quebec-based Les Aliments Lebel Inc.

The company based in Truro, N.S., did not disclose the purchase price of the ice cream manufacturer in Lachute, Que.

It says the plant in Lachute will continue to operate and be led by Gaetan Lebel, the company's president and founder. Scotsburn says Lebel's workforce of 160 people will be maintained.

THE CANADIAN PRESS

# Tory candidate opts to skip debate on women's issues

## IRVINE CARVERY

## Claims he scheduled 'another event' ahead of time



**Zane Woodford**  
Metro | Halifax

The first all-candidates debate for Halifax is scheduled for next week, but the riding's Conservative candidate isn't taking part.

YWCA Halifax is hosting the debate — focusing on

women's rights and gender equality — at the Spatz Theatre on Thursday, Sept. 10.

"I have another event that I already had scheduled," Irvine Carvery said Tuesday.

Carvery said he's meeting with the Black Business Initiative the evening of the debate, but YWCA executive director Miia Suokonaudio said the four riding associations were first told about the debate last December.

According to Suokonaudio, representatives from Carvery's campaign told her in an email that their candidate would not be participating in the

she said they gave no reason.

Carvery said he would participate in other debates, although "it depends upon what the debates are about."

Three of the riding's candidates — NDP candidate Megan Leslie, Liberal candidate Andy Fillmore and Green candidate Dr. Thomas Trappenberg — have confirmed they will take part in the debate.

The debate questions will centre around violence against women, women's poverty, missing and murdered indigenous women, childcare, housing and homelessness and more.



**For us, as a group ... we work on this day in and day out.**

YWCA executive director Miia Suokonaudio, on raising awareness on gender equality

It's hosted by the YWCA, but the development of the topics was done in partnership with 11 women's groups, including Adsum for Women and Children, Alice Housing, Avalon Sexual Assault Centre, and the Transition House Association of Nova Scotia.

"For us, as a group... we work on this day in and day out," Suokonaudio said.

"We see the impact of vio-

lence against women, we see the impact of women's poverty, we see the impact of women's homelessness, the lack of child care ... we see those every single day."

Suokonaudio said it's "unfortunate" that the national leader's debate on women's issues was cancelled, but the YWCA is working across the country to hold debates like this one in local ridings.



**Halifax Conservative candidate Irvine Carvery says he's meeting with the Black Business Initiative the evening of the discussion. Three other candidates confirmed their attendance at the event, which takes place Sept. 10 at Spatz Theatre.** METRO FILE

## CONSERVATIVE PARTY

## No-show politicians 'troubling' trend: Academic

A Mount Saint Vincent University political scientist says he finds the recent trend of candidates skipping debates "troubling for democracy," but in a "badly broken" electoral system, they might not need them.

"If a candidate's unwilling to participate in public discourse — a public debate that's reasonably organized and fair — then to my mind, they're not fit for office," Dr. Jeff MacLeod said Tuesday.

In the case of Halifax Conservative candidate Irvine Car-

very, MacLeod said his move to skip YWCA Halifax's debate will likely hurt the campaign.

He said the party might find the fact that it's a debate about women's issues "uncomfortable," but to him, it suggests more of a "political motive."

"I can well understand the Conservatives are faring very badly in Atlantic Canada and I imagine they're picking that up," he said.

"Exposing themselves in a public forum could be something they wish to avoid."

Nationally, the Conservatives

have prioritized candidates going door-to-door speaking to voters over taking part in debates or speaking to the media.

Because a party can form a majority government with well under 50 per cent of the vote, MacLeod said it's possible to

avoid debates altogether, focusing on the relatively small number of votes needed to win.

"If you just get focused on that, like a marketing campaign, it can drive traditional means of campaigning into irrelevancy — such as public

debate," he said.

"I would lament the loss of the public debate as a means of reasonable-minded citizens making an assessment of whether someone's fit for public office."

But in Halifax, with or without the debate, MacLeod said the Conservatives have "almost no chance."

"The Conservative message, the leader delivering it, the campaign in general has alienated the Atlantic Region in general and Halifax specifically," he said.

ZANE WOODFORD/METRO



**When you have a candidate that appears to be unwilling to address policy issues in a public forum, that is damaging to a campaign and the candidate.**

MSVU political scientist Dr. Jeff MacLeod





**MEMORIAL REMEMBERING SWISSAIR FLIGHT 111** A visitor walks away from the memorial to victims of the crash of Swissair Flight 111, at Whales Back near Peggy's Cove, on Tuesday. All 229 people on board were killed when the passenger jet, bound for Geneva from New York, plunged into the Atlantic Ocean off the coast of Nova Scotia on Sept. 2, 1998. THE CANADIAN PRESS

# CanJet suspends flying operations

HALIFAX-BASED COMPANY

## Airline lays off 15 pilots, about 40 flight attendants

The Halifax-based charter airline CanJet suspended its flight operations Tuesday, saying it is redoubling its efforts to find a profitable business plan.

Company president Stephen Rowe said the company isn't shutting down, but he confirmed that its remaining 15 pilots and about 40 flight attendants were laid off.

"We just haven't found that business model that we're comfortable with," Rowe said.

The airline was operating only one passenger jet under contract for tour operator Air Transat when the decision to suspend operations was made. However, the company is maintaining a total of four Boeing 737 passenger jets

through leases that expire in May 2016.

The airline, a division of IMP Group Ltd. of Halifax, has been focused on charter flights since ending its scheduled airline service in 2006.

Starting late last year, CanJet had offered its own vacation packages to the Caribbean through CanJet Vacations, and it was offering charter services in Europe last year, but Rowe said those businesses weren't successful.

The airline could return to offering scheduled flights, but Rowe said competing with Air Canada and WestJet would be a risky venture.

"We've been there and done that a couple times," he said. "It's a tough business."

When the airline stopped its scheduled service in 2006 it blamed tough competition from Air Canada and WestJet.

The Canadian Union of Public Employees issued a statement saying the sudden shutdown was devastating news.

"(We) found out only this

“

**We're not closing....  
We haven't  
given up yet.**

Company president  
Stephen Rowe

morning that CanJet has ceased flying operations immediately," said union spokeswoman Lesley Swann. "Our focus is on assisting our members any way we can during this difficult time."

Swann said the union was seeking information about severance pay while examining "legal avenues."

Dan Adamus, president of the Canadian wing of the Air Line Pilots Association, said CanJet had as many as 130 pilots in recent years.

"It's sad because it's a great operation," Adamus said. "The majority (of workers) are from the East Coast and are very loyal to the airline."

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**WEATHER SUNNY OUTLOOK** A pair of cyclists head into Halifax along the Chain of Lakes trail Tuesday under sunny skies. Environment Canada is calling for sun for most of the week.

JEFF HARPER/METRO

## CRIME

# Thieves rip off Rat Rally vendors

Thieves stole a stack of pink cowboy hats, a box of knives, a pile of T-shirts and a container of empty boxes from a vendor setting up for the Wharf Rat Rally in Digby.

Ray of Ray Sales says he noticed the robbery about 3 a.m. Tuesday when he got up to check his tent because of the wind.

"I saw three knives on the ground in a trail leading away from the tent," he said.

He says it probably would have taken two or three people to carry all the stuff that is missing — in all it's worth about \$1,700.

"It's not the end of the world," he said. "They must have needed

those pink hats more than I did."

Ray, who has been vending at festivals for more than 10 years, says he normally has to keep a pretty close eye on his merchandise.

His co-worker usually sleeps in the tent with the products but Ray says he may have been away talking to some people when the thieves snuck in.

"I was set up here by myself so I was pretty easy target," he said. "The other vendors, when everybody's here, we usually keep a pretty good eye on each other's stuff."

Ray says he has only been

## + EVENT INFO

The Wharf Rat Rally security starts Tuesday night and vendors will start selling on Wednesday morning.

robbed two other times in his career.

Phil Barrett co-ordinates the vendors and says people need to be very aware and keep their property secure at all times.

Digby RCMP say they are investigating. DIGBY COURIER

# Duelling Donut finalists named

TIM HORTONS

## Wolfville man's entry is in the running for \$10,000

A doughnut concocted by an Acadia University student who originally entered a Tim Hortons contest for kicks will be put to the ultimate taste test next spring.

Wolfville resident David Maguire tuned in to Canada AM Tuesday morning to learn his entry in the nationwide Duelling Donuts contest would be one of two finalists added to the Tim Hortons menu for the final stage of the contest — a head-to-head battle rewarding the top seller.

"I am extremely excited. It was great news to wake up to, that's for sure," the 21-year-old said.

Maguire's doughnut, French Toast Deluxe, will duke it out with a Mint Brownie Cheesecake delicacy dreamed up by Corrie Repko of Oshawa, Ont. If Maguire's doughnut is crowned the victor of the popularity contest in the spring, he will claim the \$10,000 grand prize.

"I'm currently a student and have some debts there so I'm probably going to put most of it to student debts, as fun as that sounds," said Maguire, a bachelor of science student entering his final year at Acadia this week.

The popular French Toast Deluxe actually came to Maguire as a bit of an afterthought fol-

lowing some careful reflection.

"I was about to submit a different doughnut that I had created that involved a bunch of different things that I like, kind of like a kids at a sundae bar type thing."

Bacon, maple, cookie dough, chocolate — this first doughnut had it all. What it lacked, however, was appeal.

"I made this ridiculous doughnut and I had lots of fun doing it. I was going to submit it, and then right before submitting it I thought to myself, no one would actually want to eat this," recalled Maguire with a laugh.

Drawing inspiration from his childhood love of French toast, Maguire decided to go back to the basics. He opted for a twist on the maple dip and maple filled varieties.

The response has been unlike anything he anticipated.

"Tim Hortons knows how to make a big deal out of a doughnut," he joked.

As one of the top eight con-

testants selected for a social media showdown prior to the announcement of the finalists, Maguire was treated to an all expenses paid trip to Oakville, Ont.

In Ontario, celebrity judges Jann Arden, deadmau5 and Sophie Tweed-Simmons narrowed the competition down to four semi-finalists. Maguire was thrilled to be among them.

"I remember saying to my parents that even if I don't move on I had so much fun in that couple of days that I was happy with what I had received already," he said.

Everything from that point on has been the icing on the doughnut as far as he's concerned.

Originally from Toronto, Maguire has been overwhelmed by how much support he's received on campus and in Wolfville. He's anxiously awaiting the day his friends and family can order a French Toast Deluxe — or two, or three, or four — at their local Tim Hortons.

KINGS COUNTY REGISTER



Finalist David Maguire, second from the right, with judges Sophie Tweed-Simmons, Jann Arden and deadmau5.

CONTRIBUTED

## IN BRIEF

### West Hants councillor hands in resignation

It looks like West Hants residents will be on the hook for another byelection after Victor Swinamer surprised council and handed in his resignation Monday night.

The District 9 — Falmouth councillor tendered his resignation moments before a special council meeting was slated to begin Aug. 31.

Swinamer's resignation letter, which was just two paragraphs long, was handed out before the meeting began at 5 p.m.

"I have made this decision because I feel West Hants council is abusing their power by not representing the citizens," he wrote.

Swinamer, who is the father-in-law of Windsor Fire Chief Scott Burgess, was found to be in a conflict of

interest when it came to voting on matters involving the Windsor Fire Department.

The provincial attorney general's office looked into the allegation and provided council with a confidential report in May 2014. In April 2015, council voted to remove the report's confidentiality clause. The report concluded Swinamer was not in a conflict of interest for three of the four meetings.

He's the second politician to resign from council this year.

In an interview following the meeting, Chief Administrative Officer (CAO) Cathie Osborne said that Swinamer's letter of resignation would be formally received Sept. 8.

HANTS JOURNAL

### Ferry numbers in decline

The latest passenger fig-

ures from the operator of the ferry that links Nova Scotia with Maine show a slight decrease when compared with last year, raising questions about the viability of the two-year-old service.

Nova Star Cruises issued a statement late Tuesday showing that over a three-month period, the number of passengers had declined six per cent to 37,800 by the end of August compared to 2014.

The disappointing numbers come as the Nova Scotia government is rethinking its multimillion-dollar investment in the service, which started operating last year after a four-year hiatus.

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## VEGETABLES

# Kelowna gardener grows a monster

The record for the world's longest cucumber might belong to a Kelowna, B.C., man — who's also claiming the longest pickle on the planet.

Daniel Tomelin, 54, said his garden has produced a cucumber beyond his wildest expectations.

"I let the thing grow, and it was just starting to touch the ground, and I was kind of saying, 'What is the world's largest cucumber?' I didn't even have a clue."

He looked at the Guinness World Records website, where he learned the record for the longest cucumber is 105 centimetres.

He said he was gobsmacked when his cuke measured 108 centimetres. It reached 113 on Monday, two weeks after he filed his application.

Tomelin decided he would pickle the cucumber and also claim the longest pickle in the world in a category that doesn't yet exist.

Two local gardening experts have verified his claim, Tomelin said. THE CANADIAN PRESS



Dan Tomelin THE CANADIAN PRESS

## IN BRIEF

### RCMP charges Syrian over Maher Arar torture

The RCMP alleges a former Syrian military intelligence officer was involved in the brutal treatment of Ottawa telecommunications engineer Maher Arar.

An RCMP document filed in court Tuesday charges Col. George Salloum with torture under the Criminal Code. The colonel's whereabouts are unknown.

Arar, a Syrian-born Canadian, was detained in New York in 2002 and deported by U.S. authorities. He wound up in Damascus where, tortured, he falsely confessed to Syrian military intelligence about supposed collaboration with Al Qaeda. THE CANADIAN PRESS

# Numbers say 'recession'

## MARKETS

## Real GDP contracted for two quarters: StatsCan

Canada's economy hit reverse for the second straight quarter of 2015 — knocking the country into its first technical recession in six years, Statistics Canada data revealed Tuesday.

But the data suggests the recessionary dip could, perhaps, already be passing.

The federal agency said real gross domestic product contracted at an annual pace of 0.5 per cent in the April-June quarter, which followed a revised decline of 0.8 per cent in the first three months of 2015.

There were positives tucked in the highly anticipated figures, however. The second-quarter drop was only half as steep as a consensus of economists had predicted and there was evidence that the decline had bottomed out.

Canada's GDP climbed in June by 0.5 per cent after shrinking over the first five months of 2015. The last time the economy experienced a one-month gain of at least 0.5 per cent was July 2013 when it grew by 0.63 per cent.

The June increase was led by a 3.1 per cent boost in natural



Stephen Harper takes a question during a campaign stop Tuesday at a steel plant in Burlington, Ont. ADRIAN WYLD/THE CANADIAN PRESS

resources extraction — the category's first gain following seven consecutive months of decline.

"There's nothing to cheer about in the Canadian GDP numbers, but there's no reason for any more booing than we've already had," CIBC chief economist Avery Shenfeld said Tuesday.

"The economy is contracting through the first half



## The Canadian economy as a whole is now growing.

Stephen Harper

of the year, but the solid gain in June suggests that we'll at least get a breather with a

return to growth in the third quarter."

The new batch of data added fuel to the heated political debate over how best to respond to the weakened economy as parties battle for voter support ahead of the Oct. 19 federal election.

Stephen Harper, whose Conservative party has pinned its re-election hopes on its economic record, tried to high-

light the positives in Tuesday's new data.

"The Canadian economy as a whole is now growing, according to the June figures," Harper told reporters.

"That is the reality of the situation — it is good news."

The last time the economy contracted over two consecutive quarters was in 2009 during the Great Recession.

THE CANADIAN PRESS

## ELECTION 2015

# Political rivals seize opportunity

The opposition parties wasted no time pouncing Tuesday when Prime Minister Stephen Harper said "we've had a few weak months" after Statistics Canada reported the economy met the technical definition of a recession at the end of June.

NDP Leader Tom Mulcair said the new numbers were a clear indicator that Conservative economic policies simply were not working.

"Mr. Harper's plan has failed. That's an objective fact," Mulcair told supporters in Kelowna, B.C.

Added Andrew Thomson, a former Saskatchewan finance minister the NDP is touting as a star candidate: "Under Stephen Harper, this has been Canada's lost decade."

Liberal Leader Justin Trudeau allowed that the size of the recession might be marginal, but he said the bigger picture is that Canadians have been living with the reality of a weak economy for months now and don't need official numbers to confirm what they already know.

"What they would have needed is that politicians, rather than getting hung up on definitions, invest in their future and in their jobs," he said in Gatineau, Que.

Trudeau's trade critic, Chrystia Freeland, didn't mince words: "It's crystal clear, there's no debate. We've had two consecutive quarters of shrinking GDP. That's a recession. We don't know yet if it will be a shallow recession, but we are in recession."

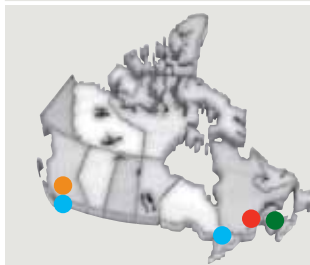
Economists' opinions were divided. Some saw the recession as relatively mild, while others warned of a rough road ahead if oil prices continue to drop.

Harper has largely blamed international factors beyond Canada's control for the downturn, particularly the economic slowdown in China.

He said the Conservative plan of a balanced budget, low taxes and affordable investments is the best course for the country in the face of greater



## WHERE THE LEADERS ARE WEDNESDAY



• **Stephen Harper** will be in North Bay, Ont., and Abbotsford, B.C.

• **Justin Trudeau** will be in Quebec City and Trois-Rivières, Que.

• **Tom Mulcair** will be in Kamloops, B.C.

• **Elizabeth May** will be in Fredericton, N.B.

global problems.

"If we change plans, we'll have a permanent recession like is occurring in many other countries," he said. "We're on the right track."

There is "some validity" to Harper's argument that there are international events beyond Canada's control, said Gordon Betcherman, a political economist at the University of Ottawa's School of International Development and Global Studies.

"Technically we are in a recession and there's a threshold by which something gets defined as a recession and we're just over that line," Betcherman said. "I wouldn't consider it a deep, economic event."

But he agreed the emphasis Canada has placed on resources and commodities make it vulnerable to global turbulence and raise legitimate questions about the broad economic strategy of successive governments.

David Wolfe, a University

of Toronto expert in politics and economics, said that while this is a mild recession, it raises questions about whether a government should be focusing on balancing budgets or expanding investments in infrastructure.

"The challenge with that is timing," said Wolfe. "Sometimes, the recession is already over before the spending can get out the door. But it does make a case for relaxing the current emphasis on balanced budgets."

On that point, the gap between Trudeau and Harper remained wide on Tuesday.

Trudeau reiterated his platform plank — which distinguishes the Liberals from the Conservatives and the NDP — to run deficits before balancing the budget in 2019 in order to spur growth by investing in infrastructure.

"That's why our plan will invest in real growth and isn't really dependent on this morning's announcement," he said.

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# Pope urging mercy

VATICAN

## Francis lets priests grant absolution for abortion

Pope Francis is applying his vision of a merciful church to women who have had abortions, easing their path toward forgiveness and saying he realizes some felt they had no choice but to make "this agonizing and painful decision."

In a letter published Tuesday by the Holy See, Francis said he was allowing all rank-and-file priests to grant absolution during the Year of Mercy he has proclaimed, which runs Dec. 8, 2015 until Nov. 20, 2016.

The Roman Catholic Church views abortion as such a grave sin that it put the matter of granting forgiveness for an abortion in the hands of a bishop, who could either hear the woman's confession himself or delegate that to a priest who is expert in such situations.

Now, Francis is making it possible for women to bypass



**Pope Francis attends a service during the World Day of Prayer for the Care of Creation in St. Peter's Basilica at the Vatican, Tuesday.** RICCARDO DE LUCA/THE ASSOCIATED PRESS

this formalized process in the approaching special Year of Mercy while putting the stress on "contrite" hearts.

In a statement after the Pope's letter, the Vatican made clear that "forgiveness of the sin of abortion does not con-

done abortion nor minimize its grave effects. The newness is clearly Pope Francis' pastoral approach."

Francis made clear he isn't downplaying the gravity of abortion, which the church essentially views as equivalent to

murder. But he emphasized that abortion is an intensely personal, often anguished choice for women. "I have met so many women who bear in their heart the scar of this agonizing and painful decision," he wrote.

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HEALTH

## Midlife obesity linked to earlier Alzheimer's

One more reason to watch the waistline: New research says people's weight in middle age may influence not just whether they go on to develop Alzheimer's disease, but when.

Obesity in midlife has long been suspected of increasing the risk of Alzheimer's. Researchers at the National Institutes of Health took a closer look and reported Tuesday that being overweight or obese at age 50 may affect the age, years later, when Alzheimer's strikes. Among those who eventually got sick, more midlife pounds meant an earlier onset of disease. It will take larger studies to prove if the flip side is true — that keeping trim during middle age might stall later-in-life Alzheimer's. But it probably won't hurt.

"Maintaining a healthy BMI at midlife is likely to have long-lasting protective effects," said Dr. Madhav Thambisetty of NIH's National Institute on Aging, who led the study reported in *Molecular Psychiatry*.

To explore obesity's effects, Thambisetty's team turned to the Baltimore Longitudinal Study of Aging, one of the

### + SILENT START

#### Cure still elusive

Alzheimer's starts quietly ravaging the brain more than a decade before symptoms appear. With a cure so far elusive, researchers are hunting ways to at least delay the disease, and lifestyle changes are among the possible options.

longest-running projects to track what happens to healthy people as they get older.

The researchers tracked BMI, or body mass index, a measure of weight to height. Every step up on the BMI chart predicted that when Alzheimer's eventually struck, it would be 6 1/2 months sooner. In other words, someone who had been obese — a BMI of 30 — during middle age on average had their dementia strike about a year earlier than someone whose midlife BMI was 28, in the overweight range, Thambisetty explained.

THE ASSOCIATED PRESS

HUNGARY

## Smugglers wait in wings as migrants blocked from trains

Hungary stunned migrants and European partners Tuesday by blocking asylum-seekers from its westbound trains, a move that raised new challenges for the EU's passport-free travel zone and could drive many into the reckless hands of cross-border smugglers.

Hungary's right-wing nationalist government defended its U-turn — just days after it started permitting migrants on the trains without any coherent immigration controls at all — as necessary to send

“There is no logic behind what Hungary is doing.”

Gabor Gyulai

a get-tough signal.

Human rights activists criticized the action as futile and reckless, given that eastern European gangs have mobilized fleets of vehicles for illegally transporting migrants to Aus-

tria, Germany and elsewhere — but at steep prices and in often dangerous conditions. They warned that blocking public transportation would increase risks of a repeat of last week's tragedy when the bodies of 71 people, apparently suffocated, were found in the back of an abandoned truck near Vienna, Austria.

"There is no logic behind what Hungary is doing: Yesterday they let migrants use the trains, and today they do not," said Gabor Gyulai, refu-

gee program co-ordinator for a Budapest-based rights group called the Hungarian Helsinki Committee.

Confusion reigned at Budapest's Keleti train station as migrants arrived with tickets in hand, often costing 200 euros (about \$295) each or more, intending to take the morning service to Vienna and the German city of Munich. Barring their way were lines of maroon-capped Hungarian police, some of them in body armour.

THE ASSOCIATED PRESS



**Migrants wait to board a train to Germany at the Keleti station in Budapest, Tuesday.** ZOLTAN BALOGH-MTI/THE ASSOCIATED PRESS

LEBANON

## Ministry occupied over garbage crisis

Lebanese security forces and protesters engaged in a drawn-out standoff outside a ministry that was briefly taken over by activists in Beirut Tuesday, reflecting both reluctance by authorities to crack down and a lack of focus by protesters — who are determined but lacking a clear path to success.

The unexpected takeover of the ministry by a number of activists demanding the resignation of the environment minister over the country's trash

crisis left some Lebanese bewildered, wondering whether it was the right path to take. It opened the possibility of protracted instability in a fragile country already facing multiple crises.

Angry protests that suddenly erupted last month over the government's failure to deal with the garbage crisis have evolved into the most serious anti-government demonstrations in Lebanon in years.

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### IN BRIEF

#### Baby girl born in back of Uber car in N.Y.C.

A baby girl was successfully delivered in the back-seat of an Uber car parked at the mouth of New York City's Lincoln Tunnel. The Port Authority of New York and New Jersey, which operates the tunnel, says the birthing process began around 5:15 p.m. Monday while the baby's 32-year-old mother was riding in the ride-hailing company's car on her way to the hospital from New Jersey.

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#### Adoptive parents who paid for babies held in Mexico

The prosecutor in the Mexican border state of Sonora says all eight of those arrested so far in a pay-for-adoption scheme are adoptive parents, while the ringleaders remain at large. Authorities revealed last week that a child welfare official took nine babies from poor or drug-addicted mothers and offered them in adoption with false paperwork for between \$5,000 US to \$9,000 US.

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TAIWAN

## Porn star transit card sells out within hours

A special edition swipe card for Taiwan's mass transit featuring the clothed image of a Japanese porn star sold out within hours overnight via a telephone hotline, despite a storm of opposition. Taiwan's EasyCard Corp. said it sold its full run of 15,000 card sets by 4:18 a.m. Tuesday after phone orders started at midnight.

The stored value cards — also used for convenience store purchases — feature images of Yui Hatano, a 27-year-old

Japanese woman who local media say likes Taiwan and wants to help the card company's charity scheme.

Critics, including parents, politicians and women's advocacy groups, campaigned against the cards, saying the images disrespect women and send inappropriate messages to children. Many stores declined to sell them, and the company ended up offering them via telephone hotline only.

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# Oil firms cutting 900 jobs

## ENERGY

## Sector has lost 35,000 positions so far this year

A fresh wave of layoffs is hitting Alberta's energy sector, with two oil and gas companies announcing 900 job cuts on Tuesday, mostly in Calgary, and analysts saying they see more on the way.

Penn West Petroleum is reducing its workforce by 35 per cent for a loss of over 400 full-time employees and contractors.

And ConocoPhillips Canada plans to lay off 400 employees, or 15 per cent of its workforce, plus 100 contractors.

Penn West said most of the job cuts announced Tuesday are effective immediately, while ConocoPhillips — which informed employees of its decision a day before making it public — said its workforce reduction will happen by mid-October.

The job cuts come as the industry continues to grapple with



Clouds hover over Conoco signs at a service station in Glenrock, Wyo. ConocoPhillips Canada announced Tuesday it is cutting around 400 jobs, or 15 per cent of its workforce, following a plunge that took oil prices to their lowest levels in years. THE ASSOCIATED PRESS FILE

oil prices below \$50 US a barrel, compared with more than \$100 US a barrel last summer,

with no big recovery in sight. "We don't see a lot of correction in the short term," Conoco-

Phillips spokesman Rob Evans said Tuesday.

"It's really kind of changing

the way we work and that's resulting in, unfortunately, some staff reductions."

Evans said the ConocoPhillips cuts are part of a 10 per cent global reduction in staff by the major U.S. producer in the current low-price environment.

Penn West chief executive Dave Roberts said Tuesday on a conference call with analysts that he expects the current cycle to be "prolonged and increasingly volatile" and has been forced to make cuts to weather the storm. To reduce spending Penn West has not only cut jobs, but also suspended its dividend, cut board compensation by 40 per cent and further reduced this year's capital budget.

The company is now planning \$500 million in capital spending this year, a 40 per cent reduction from its original plan for the year, and will further reduce spending next year by \$140 million to \$250 million from this year's level.

The Canadian Association of Petroleum Producers estimates Alberta's oil and gas sector has already lost 35,000 jobs this year.

THE CANADIAN PRESS

## IN BRIEF

### Amazon ups the ante in streaming-video fight

Amazon is now letting members of its \$99 annual Prime loyalty program download some shows and movies on its streaming-video service to watch offline, or when there is no Internet connection available, for free. Shows will be downloadable to Apple and Android phones and tablets, including Amazon's Fire devices — but not desktops or laptops. The downloadable videos are available to prime members in the U.S., U.K., Germany and Austria. THE ASSOCIATED PRESS

## market minute

	<b>DOLLAR</b> 75.63¢ (-0.38¢)
	<b>TSX</b> 13,481.90 (-377.22)
	<b>OIL</b> \$45.41 US (-\$3.79)
	<b>GOLD</b> \$1,139.80 US (+\$7.30)
<b>NATURAL GAS:</b> \$2.702 US (+1.3¢)	
<b>DOW JONES:</b> 16,058.35 (-469.68)	

## PERSONAL FINANCE

## Emergency savings low: BMO

Canadians on average are socking away more money for potential financial emergencies than in the past, but a new survey has found that almost a quarter are still living paycheck to paycheck.

The survey, conducted by Pollara for the Bank of Montreal, found that 24 per cent of respondents had hardly anything set aside, and more than half (56 per cent) reported having less than \$10,000 in available emergency funds. Christine Canning, head of everyday banking at BMO, describes the

**\$10,000**

More than half of Canadians surveyed reported having less than \$10,000 set aside for an emergency.

ideal emergency savings fund as one that can replace three to six months of income.

By region, the survey found that those in Atlantic Canada had the lowest average amount

of emergency funds set aside at \$20,152, with only eight per cent having more than \$50,000 available and 27 per cent with between \$10,000 and \$49,900.

B.C. residents had the most set aside, an average \$70,364, with 21 per cent having \$50,000 or more and 14 per cent between \$10,000 and \$49,900.

Elsewhere, the average amount set aside totalled \$24,671 in Quebec, \$41,088 in Ontario, \$67,605 in Manitoba and Saskatchewan and \$40,341 in Alberta.

THE CANADIAN PRESS

## INTERNET

## Google unveils new-look logo

Google is refining its famous logo as it prepares to become a part of a new holding company called Alphabet.

The revised design unveiled Tuesday features the same mix of blue, red, yellow and green that Google has been using throughout its nearly 17-year history, though the hues are slightly different shades.

Google also invented a new typeface called "Product Sans" that is meant to resemble the simple printing in a grade-school book. It will replace



Google's revised design. GOOGLE/THE ASSOCIATED PRESS

a serif typeface that Google has been using in its logo for more than 16 years. The "e" in the company's name will remain slightly tilted to reflect Google's sometimes off-kilter thinking.

The overhaul will change

the appearance of the letter "g" that Google uses as its shorthand logo on the smaller screens of smartphones and other mobile devices.

The "g" will now be capitalized and displayed in colour instead of being kept lowercase and white.

A swirl of dots in Google's colours will also appear when a spoken command for information is being processed or one of the company's other services is performing a task.

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## URBAN ETIQUETTE



### THE QUESTION

**Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it for the person to see?**

Dear Ellen,

Someone is eating at my desk when I'm not there, and I find it totally disgusting. Can you please write a column about this so I can leave it on my desk for the person to see next time they want to chow down at my computer station?

Mia in Calgary

Dear Mia,

Normally I would suggest you speak to the person directly, rather than leaving this column lying on your desk, which could be construed as passive-aggressive. That's its own form of bad manners.

In this case, however, since you don't know the identity of the perpetrator, and since I am always happy to gain new readers, why don't I directly confront this person for you, right here, right now?

Dear Rude, Messy Slob  
Who Is Secretly Eating at  
Someone Else's Desk:

It's hard to know where to begin, so let's begin charitably. The fact that you are performing a bodily function in the small, personal space that your co-worker Mia has carved out for herself is not the worst crime on Earth. Perhaps there is a perfectly reasonable explanation. Like: Hers is the only desk, and there is no other horizontal surface within walking distance. Or your job is to test envelopes containing powdery substances that could be anthrax, and so, understandably, you don't want to eat at your own desk. Or maybe you work on the International Space Station, and Mia's desk is the only one equipped with centrifuge gravity simulators that will keep your plate of irradiated protein and rehydrated spuds in place.

But if none of these situa-

tions apply to you, then please know that it is unacceptable for you to eat without permission in another person's workspace. I don't know how to make this any clearer. In fact, Mia, why don't you grab a highlighter and run it over the next sentence before propping this column up on your keyboard?

**DEAR RUDE, MESSY SLOB:  
STOP EATING AT OTHER  
PEOPLE'S DESKS.**

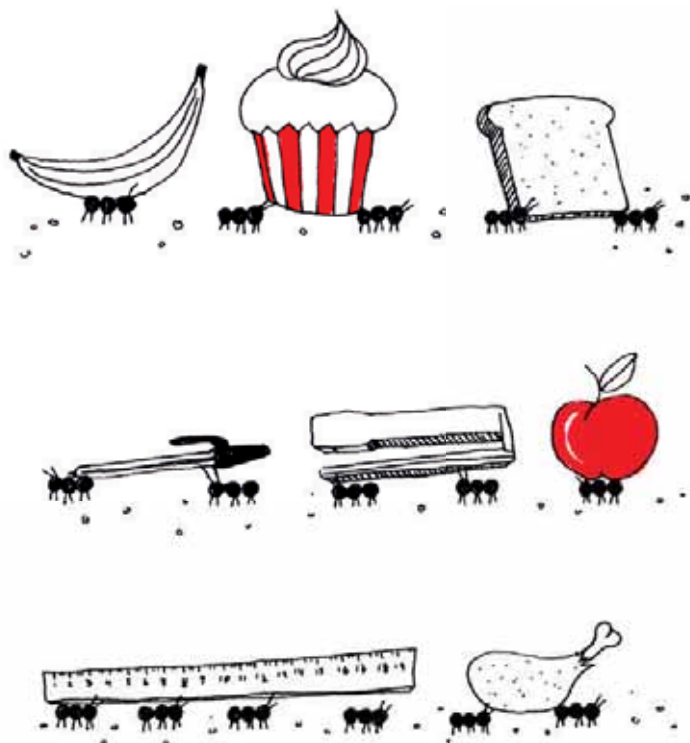
Some of you may be thinking it's too harsh to call someone a Rude, Messy Slob. Although it may not be the worst crime on earth (or even in space), to eat at someone else's desk, it is ir-

refutably rude and sloppy to leave the evidence behind.

If you're going to sit in my chair (maybe my desk has a better view, maybe it's next to the person you want to

**If you're the kind of person who doesn't notice or care about leaving splatters and gunk and wrappers around, then you are a rude, messy slob, my friend.**

dine with, maybe you work in a tanning factory and your



Ani Castillo

own desk is right next to the chemical soup that dehairst the pelts — I understand), and you're careful not to leave crumbs, and you don't muck about with my papers and possessions, and I never know you've been there, well, no harm, no foul.

But if you're the kind of supremely selfish person who either doesn't notice or doesn't care about leaving splatters and gunk and wrappers behind, then you are a rude, messy slob, my friend.

And I'd thank you to keep away from my desk.

**Need advice?  
Email Ellen:**

scene@metronews.ca

## ROSEMARY WESTWOOD

metroview

### The media, to Harper, is a mostly unnecessary evil

Mohamed Fahmy, once again, is in jail in Egypt.

This time, Stephen Harper appears upset enough to speak about the Canadian journalist's case — on Twitter.

"Canada continues to call on Egypt for the immediate and full release of Mr. Fahmy, and full co-operation to facilitate his return home," he, or the handler of his Twitter handle, tweeted.

I don't doubt our government is trying to secure his freedom, even if, as some argue, it's not trying hard enough. (Strong lobbying from Australia's prime minister helped secure the deportation of Fahmy's Aussie co-accused in February.)

But Harper must know respect for journalism cuts both ways — as in, if you call for it in Egypt, you might want to be sure you're practising it at home.

Fahmy has been sentenced for a second time on what his lawyer Amal Clooney called "sham" charges, amid Egypt's crackdown on the media.

The Conservatives say, vaguely, they've been pushing at the "highest level" for his release and return to Canada.

An iPolitics editorial notes that "If Harper offered more details, Fahmy's case would surely get more media coverage — which would intensify the pressure on (Egyptian President Abdel Fattah) al-Sisi to respond."

But that would require sharing information with the press at home. And that would be a dramatic 180 for the PM.

If we're to go by his actions, Harper's interest in the press here is either nonexistent or invisible. He rarely speaks to reporters, and he's been pilloried for silencing public servants. The media — as many of my colleagues have aptly detailed — is, to Harper, a mostly unnecessary evil.

His government views sharing information with the public as a discretionary gift, not a necessity. In this case, it could be argued that has aided the stripping of freedoms of a Canadian citizen abroad.

Freedom of the press exists on a continuum. It doesn't only mean you don't jail reporters for doing their jobs (Fahmy was convicted of "spreading false news" among other charges). Shutting out reporters from campaign rallies in Vancouver for asking about marijuana, refusing any questions during a whole six-day junket in Calgary, and taking the general view that you don't owe the press, or the people, anything — that, too, is an attack on press freedom.

Fahmy's family has been running a #HarperCallEgypt campaign on Twitter since February. Perhaps after that, he could give one of our many respected political reporters the time of day.

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THERE IS ALWAYS  
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# Let's do lunch boxes right

## BACK TO SCHOOL

### Plan ahead and mix it up to keep kids interested

With the start of school right around the corner, now is the time to brainstorm with your kids to line up some new recipes and fun ideas for lunches.

Experts advise that if children have some say in what they eat, it's more likely lunch boxes will be returned home with just crumbs instead of uneaten food.

"One of the ways we can ensure kids eat their lunch is for them to be involved, so if they do feel some ownership over their lunch and they get to choose some of the items, they're more likely to eat them," says registered dietitian Kate Comeau.

Have everyone suggest their favourite lunch and snack and keep a list on the fridge or other prominent spot in the kitchen, says Comeau, spokeswoman for Dietitians of Canada, during an interview from Halifax.

"Keep that page handy so that when you're going grocery shopping and making lunches, you can ensure those foods are readily available and there's lots of variety."

Weekend planning and prepping lunches the night before can go far to alleviate morning mayhem.

"On a Sunday afternoon, instead of sitting down and watching a movie, why not



Have your kids pick from among a selection of foods they like and pack them in a sectioned lunch kit. ALL PHOTOS THE CANADIAN PRESS



**On a Sunday afternoon, instead of sitting down and watching a movie, why not make a homemade granola recipe.**

Kate Comeau, Dietitians of Canada

make a homemade granola recipe and talk about measuring ingredients and talk about all the skills that are related to

cooking," says Comeau.

"The idea here is the more confidence they have, the more you are empowering them for

the future that they'll be able to actively continue to pack their lunch as adults, which we know is a healthier choice."

You can make packed lunches more appealing by giving family members the option to customize their meals, and mix it up from week to week.

Have available a variety of breads — pita, whole-grain

buns, wraps — along with additions like roasted chickpeas, cut-up cheese and sliced cucumber, red pepper and tomato. Offer hummus or baba ghanouj as a switch from butter or mayonnaise.

Sunflower seed butter and soybean butter can be substituted for peanut butter, which is often banned from schools due to allergies.

For those who don't like to veer from their favourite sandwich, prep a loaf's worth and wrap and freeze a bunch of lunches individually, suggests TV host and magazine publisher Ricardo Larrivée.

Tired of sandwiches? Experiment with salads containing different grains such as wild rice, millet and freekeh.

"For a less adventurous eater you might stick with something like white rice, which is bit bland, and then add in a little bit of a new grain to try, but having something like a wild rice salad with cranberries and almonds and a little bit of chopped chicken on top can be a great lunch," says Comeau.

Pack a water bottle, not juice boxes, in lunches, adds Comeau.

"Remember that kids don't need juice. Packing water and a piece of fruit is always going to be more nourishing," she says.

Orange sections, melon cubes or grapes packed in a small container are easy to pop into the mouth. Some parents cut an apple into wedges, then reassemble the fruit and hold it together with a rubber band to lessen browning.

THE CANADIAN PRESS

## BUILD-YOUR-OWN KITS

### Tame picky eaters

When it comes to school lunches, variety is important to keep kids from getting bored. A healthy mix also provides different nutrients. "No one fruit or no one vegetable is going to give you everything that your body needs, so the more variety, the better chances we have of covering off our bases," says Kate Comeau, spokeswoman for Dietitians of Canada.



**The more variety the better.**

Dietician Kate Comeau

When it comes to picky eaters, research shows that the more kids try a food the more likely they're going to like it.

"The biggest advice we can give to parents is to not give up," says Comeau.

A popular idea for picky eaters is build-your-own lunch kits. Put something from each of the four food groups in each part of a sectioned container.

"Maybe you'd have pita triangles in one, cheese cubes and hummus and sliced cucumbers. Your child can pick the four things they like and they won't be touching or mixed up," suggests Comeau.

"And don't panic if one of those four sections comes home and it's not eaten ... try again the next day and see what they'd like."

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**6 @SIX@6 LAST NIGHT:**

- 6 Halsey Stienfeld Love Myself
- 5 Ria Mae Clothes Off
- 4 Selena Gomez ft ASAP Rocky Good For You
- 3 Demi Lovato Cool For Summer
- 2 The Weeknd Can't Feel My Face
- 1 R City ft Adam Levine Locked Away



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## WORD OF MOUTH

## Adding spice to dishes can make you feel full sooner

## WORD OF MOUTH

**Theresa Albert**  
myfriendinfood.com



Things are starting to heat up in the arena of overeating.

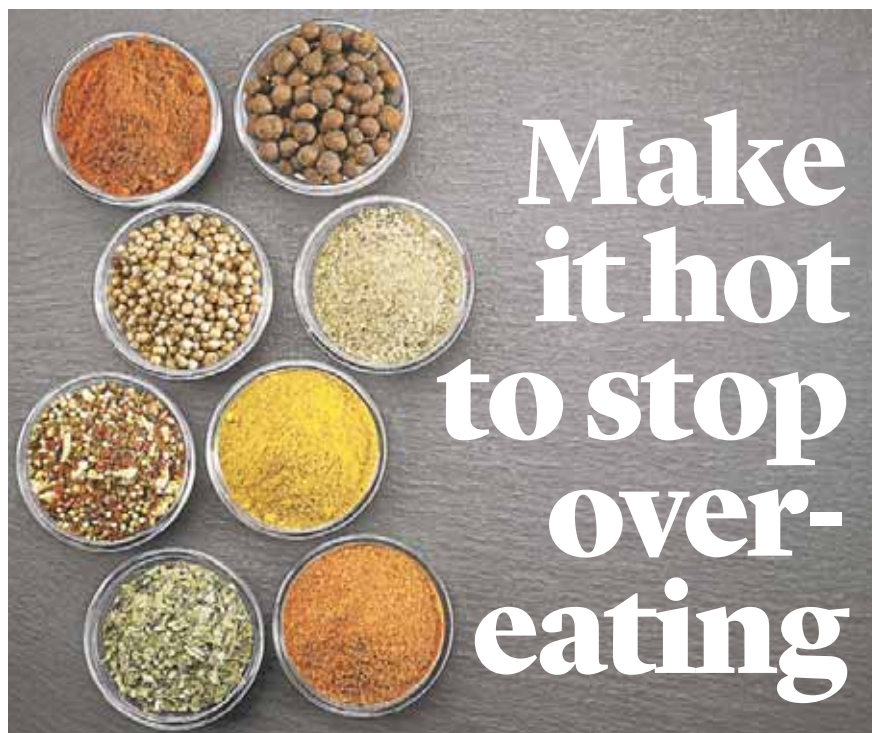
Did you know that your stomach has nerve sensors that feel pressure from the inside when you eat? The Japanese have a term called Hara Hachi Bu which means to "eat only until you feel 80 per cent full."

Recent research indicates that eating spicy foods can encourage those nerves to respond a little more quickly.

This means that you may be able to feel full when you are at that 80 per cent mark rather than at the 125 per cent of a buffet dinner.

### Here are some ways to spice up your food

- Add a dash of spice to hot chocolate as they do in Mexico
- Use chopped jalapenos in salads
- Keep a jar of hot peppers



# Make it hot to stop over-eating

ISTOCK

in the fridge and add to every sandwich

- Choose spicy versions of your favourite condiments
- Keep hot chili pepper flakes on the table with your salt and pepper to remind you to punch it up

- Use sriracha sauce where ever you would use ketchup
- Double up on the black pepper

Of course, what you put the spice on matters more than the spice itself. You can heat

up fish and chips with chipotle mayo all you want and you will still be behind in the game of trying not to overeat.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

## COMFORT FOOD

## Keep it in your pantry the Alice Waters way

When it comes to aspirational cooking, it's tough to top Martha Stewart and Alice Waters.

But while you may never master Stewart's frustratingly perfect soufflés and multi-tiered cakes, most of Waters' recipes fall on a more manageable spectrum (though you may falter at replicating the aspirationally high earnestness with which she presents them). And therein lies the difference: Stewart's bar is based on perfection, while Waters' is keyed to finding simple comforts in each season.

And that is a pleasant notion to pursue. Waters, the driving force behind Berkeley, Calif.'s iconic Chez Panisse restaurant and author of numerous cookbooks, deftly imbues her often basic and nearly always seasonal recipes with feelings

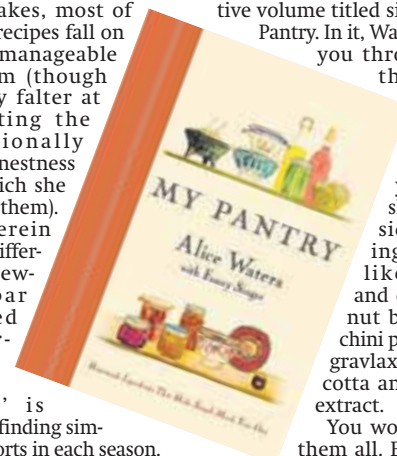
you want to evoke. And you can come away feeling better for having chased the comfort found in her recipes.

All of this comes into play in her latest cookbook, a diminutive volume titled simply, *My Pantry*. In it, Waters walks

you through not the basics you should buy, but those you should consider making. Things like tahini and chocolate nut bark, zucchini pickles and gravlax, fresh ricotta and vanilla extract.

You won't make them all. Even Waters acknowledges this isn't a to-do list of must-have items. They are basic, comforting foods you may want depending on your time and place and mood. And she's happy to show you how.

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## NUTRITION

## Tennis star Djokovic is fuelled by plants

Does Novak Djokovic drink wine? That seems like a good question to ask during a wine-tasting event at which he's the guest of honor.

But Djokovic, the world No. 1 who is in New York City for the next two weeks and considered a favourite at the U.S. Open, abstained at a recent event — even while cooking a personal recipe of pasta and shrimp. Obviously, he's made of tougher stuff than the rest of us.

So what does go into that finely honed machine to make it run? Not gluten and dairy.

Growing up in Serbia, Djokovic worked as a waiter and dishwasher in his family's Italian-influenced restaurant — he describes the menu as "a lot of pizzas." His homeland is also famous for its pancakes, which he says meant "wheat was a part of my everyday life — we have bakeries around every corner."

Being surrounded by gluten took its toll, and he gave it up along with dairy five years ago. "I have a strong kind of sensitivity to gluten because of overconsumption of it," he says.

That eased once he stopped constantly eating it, and



**Novak Djokovic mostly stays away from gluten these days except when carb loading before games.** GETTY IMAGES

Djokovic can now indulge in carbo-loading before tournaments. He also sticks to proteins that are on the lighter side. "I try to have as little animal food as possible," he says, preferring to get his fuel from plant-based sources like mushrooms, whey, tofu and chickpeas. When he does eat meat, it's chicken, fish and turkey. And don't make the food spicy, otherwise "you would see me more off the court than on the court."

Though Djokovic leaves meal prep to professionals these days, he cooks with the same laid-back, playful attitude as he plays with — talking to the ingredients and, fun fact, getting squeamish about head-on shrimp.

EVA KIS/METRO IN NEW YORK

## BEER

## Crafty IPAs

## LIQUID ASSETS

**Peter Rockwell**  
[@therealwineguy](https://twitter.com/therealwineguy)



If you want to know what's driving the current trend in crafty beer it can be summed up in three letters: IPA.

Translating to India Pale Ale; IPAs are revered for their very hoppy personality and typically higher alcohol level. They got their name thanks to British breweries adding excessive hops to their brews before shipping them to India back in the late 1700s.

The high hopping helped the beer survive the long, turbulent sea voyage, and gave it a distinctively aggressive flavour that, to this day, remains a huge hit worldwide.

North American brewers have all but surpassed their U.K. counterparts in IPA production, with Chicago's Goose Island Brewery making waves on both sides of the pond.

Now too big to be considered a true craft brewery (it's owned by Anheuser-Busch InBev) Goose Island's IPA (6x341ml, \$12.29-\$13.99) has a nice balance of hop and malt that doesn't pound on your palate so you can have more than one glass.





BAD BLOOD

## McKellen vs. Swift



IN HOLLYWOOD

Ned Ehrbar



While Ian McKellen's BFF, Patrick Stewart, might have been thrilled at the prospect of joining the ever-ballooning ranks of Taylor Swift's squad, McKellen himself is in no rush.

In fact, he even turned down Swift's invitation to make a cameo at one of her recent L.A. gigs. Saying no to Swift? Apparently it is possible.

So why did the X-Men and Lord of the Rings star decline

the offer? It turns out the two have a bit of a history.

"When I was living in Peter Jackson's apartment in New York, Taylor Swift bought it while I was there and I was thrown out before I wanted to leave. That hardly puts me in Taylor Swift's team, does it?" McKellen reveals to Gay Star News.

"She bought it, she had every right to. I was just lodging there for free. She did ask me to appear with Patrick Stewart at her show in L.A., but I had something else to do that night."

That is some impressive shade, sir.

THE HILLS

## Lauren Conrad accepts basic status

Good news, everyone. Former The Hills star Lauren Conrad has come to terms with her basic-ness.

Last year, Allure dubbed her as such, prompting Conrad to chafe at the insult on Twitter. But apparently she's reconciled.

"I'm probably pretty basic," she tells Cosmo in the



magazine's cover story on her.

"But I'm also a pretty happy person, so that's OK with me."

Well, good. None of this, however, answers the question of why Conrad is getting a Cosmo cover to begin with, but some of life's mysteries will never be solved, I suppose.

NED EHRLAR/METRO HOLLYWOOD

SPIDER-MAN

## 'That's canning Coke'

Andrew Garfield has had a lot of time to think about his time playing Spider-Man for two films before Sony's recent decision to once again reboot the franchise, and his thoughts have not been pleasant.

"(The films are) mass-marketed. Like, 'We want 50-year-old white men to love it, gay teenagers to love it, bigot homophobes in Middle America to love it, 11-year-old



girls to love it.' That's canning Coke. So that was a bummer," Garfield tells the Playlist.

"I understand people want to make a lot of money, and they're going to spend a lot of money so the playpen can be as big as it was.

"I can't live that way. It sounds like a prison, to be honest, living within those expectations." Yikes.

NED EHRLAR/METRO HOLLYWOOD

# Not-so-suave comment

007

## Horowitz apologies for saying Elba not right for role

The author of the new James Bond novel apologized on Tuesday after he said that British actor Idris Elba is "too 'street' for Bond."

Anthony Horowitz, who wrote Trigger Mortis, made the comment in an interview with the Daily Mail newspaper, published over the weekend.

Elba, 42, has been rumoured to be among the actors considered to replace Daniel Craig as the next Bond. He would be the first black actor to play the spy should he be cast.

"Idris Elba is a terrific actor, but I can think of other black actors who would do it better," Horowitz was quoted saying. "It's not a colour issue ... Is it a question of being suave? Yeah."

Horowitz said Tuesday he was thinking of Elba's gritty detective role in the BBC crime drama Luther during the interview, and did not mean to cause



Actor Idris Elba is allegedly being considered to become the next Bond. ALL PHOTOS GETTY IMAGES

offence.

"In the article I expressed the opinion that to my mind Adrian Lester would be a better choice but I'm a writer, not a casting director, so what do I know?" he said in a statement that was posted to his Twitter account.

THE ASSOCIATED PRESS



**For me, Idris Elba is a bit too rough to play the part. It's not a colour issue.**

Author Anthony Horowitz



IN BRIEF

### Attorney anticipating guilty plea

Russell Taylor, former director of a foundation created by ex-Subway spokesman Jared Fogle, will plead guilty to child pornography charges, according to his attorney Brad Banks.

Taylor was charged in May with seven counts of production of child pornography and one count of possession of child pornography.

Fogle is also expected to plead guilty at a hearing in November. He faces federal charges of distribution and receipt of child pornography and travelling to engage in illicit sexual conduct with a minor.

THE ASSOCIATED PRESS

### Flipper's trainer detained

Ric O'Barry, an American who trained dolphins for the 1960s Flipper TV series, was arrested for not carrying his passport while in Japan to protest a dolphin hunt due to begin this week.

Japanese law requires that foreign visitors carry their passports or another acceptable form of ID.

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## Here's one for the off-road

“Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.”

### REVIEW

### Multi-terrain selector, 'crawl control' among Tacoma's tricks



**Jil McIntosh**  
Metro | Canada

As before, the Tacoma comes as an Access Cab with rear-hinged back doors, or as a Double Cab with four regular doors, and in two- or four-wheel drive.

The redesigned cabin looks more upscale than before, but unfortunately the seating position hasn't changed. The seats are still set low on a high floor, and my leg gets cramped because I'm forced to sit with my knee too straight.

The off-road model's tricks include a multi-terrain selector to dial in the best automatic settings for snow, mud, sand or rocks, and a "crawl control" feature that works like low-speed cruise control. Once it's set, all you have to do is steer while the Tacoma pulls itself up or down the steepest hills. And if you want to prove it to your friends, a GoPro camera mount on the windshield is standard equipment on all models.

Towing capacity increases to 6,500 lbs. (2,548 kg), but Toyota says that smaller trucks are usually used more for hauling, and so payload rises to 1,620 lbs. (735 kg), and the tailgate has been reinforced to better handle ATVs and dirt bikes.

The new truck goes on sale later this month.

For those of us who love trucks, it's always exciting to get behind the wheel of a new model. That was the case recently with the redesigned 2016 Toyota Tacoma, which I drove not just on-road, but on a punishing off-road course, too.

While its pavement performance rates about the same as with the outgoing Tacoma, Toyota has stuffed the available TRD Off-Road edition with features that make it one of the most trail-capable pickups of any size.

A 2.7-litre four-cylinder is carried over, while the 3.5-litre V6 is all-new. It uses technology that automatically adjusts the fuel delivery and engine performance to improve fuel economy, depending on the power needed, and is available with a six-speed manual or automatic transmission.

### THE CHECKLIST | 2016 TOYOTA TACOMA

#### THE BASICS

**Type.** Four-door, five-passenger compact pickup truck  
**Engine (hp/torque).** 2.7-litre four-cylinder (159/180); 3.5-litre V6 (278/265)  
**Transmissions.** 5-speed manual (I4); 6-speed manual (V6); 6-speed automatic  
**Price.** TBA

#### COOL FEATURES

- Standard fog lamps and heated mirrors
- GoPro windshield mount
- Qi wireless smartphone charging
- Available sunroof
- Locking and damped tailgate
- Available blind spot monitoring and cross-traffic alert
- Composite cargo bed



JIL MCINTOSH/FOR METRO

#### POINTS

- The V6's fuel-saving technology is also used on some Lexus models.
- The off-road package has an impressive approach angle of 32.1 degrees to handle rough terrain.
- New noise-suppressing features result in an extremely quiet cabin.
- The new frame is designed so that existing aftermarket accessories designed for the outgoing truck will still fit.
- A backup camera, and driver and passenger knee airbags, are standard on all models.

#### MARKET POSITION

While the full-size pickup segment is the most popular, compact and midsize trucks still take a slice of the market. Toyota's biggest concern is GM's new trucks, and this update, along with the improved off-road capability, should keep the Tacoma in the running.

#### THE COMPETITION



**Chevrolet Colorado**  
Base price: \$19,900



**GMC Canyon**  
Base price: \$20,600



**Nissan Frontier**  
Base price: \$22,748

### SURVEY

## Auto service industry has room for improvement, socially

#### AUTO PILOT

**Mike Goetz**



If you ever want to bring it down after a period of feeling too good, I find nothing works better than hanging around a service department or service shop waiting room, especially when it's full of nervous, pacing customers. It's quite the vibe!

So we are not shocked at the results of a recent Canadian survey that asked how satisfied people were with the profes-

sional establishments that fixed and/or serviced their vehicles.

Turns out, the shops have room for improvement.

"There is significant opportunity to improve the service experience, as just 15 per cent of all service occasions in the last 12 months resulted in an overall customer satisfaction rating of 10 (out of 10), compared with 67 per cent of service occasions rated 8 or below," noted J.D. Ney, manager of the Canadian automotive practice at J.D. Power.

But what J.D. Power found interesting about these results,

and the results of similar studies done over the last few years, was the source of the discontent.

Before, service shops were screwing up the actual work; now they're just screwing up the social interaction part.

Ney noted that "fixed right the first time" was a challenge for shops in past decades, but now it's happening 92 to 93 per cent of the time.

"Today customers expect you fix the problem.... Just by fixing it (the shops) are just meeting the very base level of expectation."

He adds that people today are

more apt to gauge the happiness level of their service experience on how they were treated by the people in charge of interacting with them, and the current level of that interaction is not that good.

"I think what the automotive service industry has lacked for a long time is a focus on what might be called the softer skills."

**\$232**

**The average amount spent on a service visit last year**

SOURCE: J.D. POWER 2015 CANADIAN CUSTOMER SERVICE INDEX LONG-TERM STUDY, FOR OWNERS WITH VEHICLES BETWEEN FOUR AND 12 YEARS OLD.

This relates more to how the service adviser or technician greets the customer, and how they interact, inform and advise their customers as they move through the service experience.

In fact, Ney feels auto shops, both dealerships and otherwise, would be wise to adopt the Starbucks "barista" mentality, which is just as much about welcoming

and making the customer feel good about his decision to visit Starbucks as it is about making the perfect iced peppermint white chocolate mocha.

With more dependable vehicles that also need less maintenance, Ney notes that we now tend to visit service facilities only two or three times a year, with a definite trend to only twice a year. That means more items need to be addressed when we do visit, and sometimes shop staff do a poor job at explaining why all this stuff needs to be done then and why it costs what it does.



# Solar vehicle produces more power than it uses

A silver Nissan Leaf electric car, shown from a front three-quarter view. The car is compact and modern, with a blue Nissan logo on the front grille and a blue circular emblem on the side door.

## Off-lease Leafs get lofty lauds

## FUEL ECONOMY

The automaker's latest three-cylinder 1 Series prototype is fitted with water-injection technology that creates lower combustion temperatures and improves fuel economy by up to eight

Tesla Motors has added a \$10,000 US option it calls “Ludicrous” to its newest Model S variant that gets to 96 km/h from zero in a cheek-stretching 2.8 seconds. That’s 0.1 second quicker than Porsche’s gasoline-powered performance flagship 911 Turbo S, and almost a half second quicker than the “Insane” mode setting on Tesla’s previous high-end model, the Model S P85D.



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# Extra special ending

MLB

## Low-key second baseman latest Jay to step up in big moment

Ryan Goins hit a two-run home run in the 10th inning to lift the Toronto Blue Jays to a 5-3 win over the Cleveland Indians on Tuesday night.

Edwin Encarnacion had an RBI sac fly in the first inning for Toronto (75-57), but was held hitless for the rest of the game to end his 26-game hitting streak.

Encarnacion's streak was the second longest in Blue Jays history, behind Shawn Green's 28-game roll in 1999.

Marco Estrada (11-8) pitched seven innings, striking out two but only allowing five hits. He was relieved by Aaron Sanchez, Roberto Osuna, Brett Cecil and Mark Lowe.

Lowe was the pitcher of record, earning the win after picking up one out in the top of the

TUESDAY In Toronto

**5** BLUE JAYS  
**3** INDIANS

10th inning.

Yan Gomes had a pair of home runs as Cleveland (64-67) had its six-game win streak snapped. Michael Brantley had a homer of his own in the fourth inning.

Cody Anderson (2-3) gave up two runs and three hits, with two strikeouts over six innings. Ryan Webb allowed a go-ahead run in the seventh and Jeff Manship retired three straight batters in the eighth. Brian Shaw allowed Goins homer after an inning and a third of work.

Catcher Dioner Navarro led off the 10th inning with a single to right field. After Kevin Pillar flied out to centre field, Goins came to the plate.

Goins put a 1-0 slider from Shaw over the right-field wall and was mobbed by his teammates at home plate while the



Second baseman Ryan Goins arrives at home plate to a mob of teammates after hitting a walk-off home run on Tuesday night at Rogers Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

crowd erupted.

Toronto got to Anderson in the first inning, as Encarnacion's sacrifice fly to deep

centre field gave Josh Donaldson enough time to run home from third base for a 1-0 lead.

Another sacrifice fly put the

Blue Jays up 2-0. Jose Bautista's popout to left field sent Goins home in the third inning.

THE CANADIAN PRESS

**.778**

By going 21-6, the Blue Jays' .778 winning percentage matched the 1938 New York Yankees, who own the American League record for victories in a month with 28 in 36 games that August.

**49**

No major-league team hit as many home runs last month as the Blue Jays, with MVP candidate Josh Donaldson and Edwin Encarnacion each contributing 11 and Jose Bautista adding 10.

**170**

Toronto's 170 runs scored in August led the majors at an average of 6.30 a game, and their 720 runs this season are 90 better than the next-closest team.

**87**

The Blue Jays outscored opponents by 87 runs in August, improving their major-league-best run differential to plus-191, which is 51 more than the National League-leading St. Louis Cardinals.

**7-1/2**

Their August run allowed the Blue Jays to make up 7-1/2 games in the American League East — going from six back of the New York Yankees on the morning of Aug. 1 to 1-1/2 up on Sept. 1.

## IN BRIEF

### Gardner gives Yankees boost in Boston

Brett Gardner homered and Stephen Drew hit a two-run double as the New York Yankees pieced together just enough offence to overcome Rick Porcello's career-high 13 strikeouts and beat the Boston Red Sox 3-1 on Tuesday night.

Porcello (6-12) scattered five hits over eight innings and the only earned run he allowed was Gardner's solo homer in the eighth. He topped his previous high for strikeouts by two, but the Red Sox gave him little support at the plate, stranding seven runners.

THE ASSOCIATED PRESS

### Jackson keen to reunite with Lynch in Seattle

After being released by the Buffalo Bills, running back Fred Jackson is looking for an opportunity to reunite with former teammate Marshawn Lynch in Seattle.

Jackson travelled to Seattle to meet with the Seahawks on Tuesday, but coach Pete Carroll cautioned that no deal has been struck. Carroll said Jackson would be going through a physical.

"This is a visit for us. It's not a signing," Carroll said. "We have tremendous respect for Fred as a player. He's tough, he's sharp, he's smart, so we need to see where he is right now at 34 years old and see what he's like." THE ASSOCIATED PRESS

### Olympic promise made to test polluted Rio waters

Olympic organizers promised Tuesday to introduce viral testing in the polluted waters in Rio de Janeiro where about 1,400 athletes will compete in 2016.

The IOC and Brazilian organizers had repeatedly insisted that only bacterial testing was required despite an independent five-month analysis by The Associated Press showing dangerously high levels of viruses from human sewage at all Rio Olympic water venues.

Acknowledging that viral water testing was now necessary, local organizers said that they were studying how best to carry out the analysis.

THE ASSOCIATED PRESS



Andrew Wiggins runs into Argentina's Marcos Delia during on Tuesday in Mexico City. EDUARDO VERDUGO/THE ASSOCIATED PRESS

FIBA AMERICAS

## Scola takes Canada to school

Luis Scola gave Canada's talented but inexperienced basketball team a lesson on just how hard it is to qualify for the Olympic Games.

The veteran power forward scored 35 points and added a game-high 13 rebounds to lead Argentina to a 94-87 win over Canada on Tuesday at the 2015 FIBA Americas basketball championship in Mexico City.

The Toronto Raptors, who signed Scola after last season, must have been thrilled watching the 35-year-old dominate the court like he was 10 years

TUESDAY In Mexico City

**94** ARGENTINA  
**87** CANADA

younger. Scola bullied his way to rebounds, created turnovers and was accurate from two-point range. He had two steals and two assists while shooting 57 per cent from the floor.

Point guard Nicolas Laprovittola added 20 points and four assists for Argentina, which

opened with a 91-86 win over Puerto Rico on Monday.

Minnesota Timberwolves teammates Andrew Wiggins and Anthony Bennett led Canada with 13 points each, with Boston centre Kelly Olynyk adding 10 rebounds and Raptors point guard Cory Joseph dishing out seven assists.

Canada (0-1) will try to get back on track to qualify for the 2016 Olympics when it faces Cuba on Wednesday. The top two in the 10-team tournament qualify for the Rio Games.

THE CANADIAN PRESS



IN BRIEF

**United gamble on Martial, the most expensive teenager in soccer history**

Monaco's French forward Anthony Martial became the most expensive teenager in football history on Tuesday when he signed for Manchester United for a reported 36 million pounds (\$55.5 million), in the latest deadline-day deal by the English club.

United is taking a gamble on Martial, 19, who has been compared by some in France to the great Thierry Henry despite making just 29 starts in spells at Lyon and Monaco and only earning a first call-up to his national squad last month.

THE ASSOCIATED PRESS

**Roughriders roll Dyce on new coach after 0-9 start**

Bob Dyce won't have a grace period as the new head coach of the Saskatchewan Roughriders.

Dyce was named the Riders' interim head coach after Corey Chamblin was fired Monday night, along with general manager and vice-president of football operations Brendan Taman.

The moves came a day after Saskatchewan lost a humiliating 35-13 road decision in Ottawa to drop to 0-9 on the season. Saskatchewan hosts the Winnipeg Blue Bombers on Sunday. The Riders also have a new president and CEO Craig Reynolds.

THE CANADIAN PRESS

# Wozniacki eases through

U.S. OPEN

## Dane into 2nd round as top women seeds drop like flies

Caroline Wozniacki crashed John Isner's post-match news conference, needling her good friend for arriving late to his interview session and delaying the start of hers.

The fourth-seeded Wozniacki was in quite a hurry Tuesday, when she needed just 67 minutes to win her first round match at the U.S. Open against an opponent making her Grand Slam debut. Those sorts of lopsided victories have been rare among the top women so far in the first round.

Of the first 25 seeded players to take the court, nine lost. Half of the top 10 women are already out, counting third-seeded Maria Sharapova's withdrawal because of injury.

This comes in a year when the main spectacle is whether Serena Williams can complete the first true Grand Slam since Steffi Graf in 1988. Less than two days into the tournament, fewer and fewer top rivals stand in her way.

Even with Wozniacki in the audience, Isner stated the obvious about the women's field.

"Caroline's got as good a shot as anyone. Obviously Serena is the favourite," the



Denmark's Caroline Wozniacki smiles after defeating Jamie Loeb of the USA during their U.S. Open Women's Singles Round 1 match in New York. KENA BENTACUR/AFP/GETTY IMAGES

13th-seeded American said after his own straight-set victory.

Sixth-seeded Lucie Safarova, who pushed Williams to three sets in the French Open final, was upset by 37th-ranked Lesia Tsurenko earlier Tuesday.

She said after losing 6-4, 6-1 that she was bothered by a strained abdominal muscle on her right side that she hurt in losing the New Haven final Saturday.

Like Wozniacki, second-seeded Simona Halep had



**I just felt like maybe it could be one of those matches I just couldn't see coming. So thankfully I took this match extremely serious.**

Roger Federer on his victory over Leonardo Mayer. The Swiss had to save 5 match points on his last meeting with the Argentine.

no trouble, moving on in 47 minutes on a hot, humid day when Marina Erakovic retired in the second set. Halep was leading 6-2, 3-0.

Wozniacki, last year's U.S. Open runner-up to Williams,

beat NCAA champion Jamie Loeb 6-2, 6-0.

The 20-year-old Loeb earned a wild card into the draw by winning the college title as a sophomore at North Carolina.

Just four seeded women

lost in the first round last year. Since the tournament started seeding 32 players in 2000, the largest number of women's seeds to fall in the opening round was 10 in 2012.

On the men's side, second-seeded Roger Federer routed Leonardo Mayer of Argentina 6-1, 6-2, 6-2 in a brisk 77 minutes.

The 34th-ranked Mayer had given the 17-time Grand Slam champion trouble in their only previous meeting, when Federer saved five match points to win in three sets in Shanghai last year.

"I actually wasn't so confident yesterday and today," he said. "I just felt like maybe could be one of those matches I just couldn't see it coming. So thankfully I took this match extremely serious. I thought at times almost I was taking it a bit too serious."

"I got that lucky in Shanghai, so that's why it was just creeping around in my mind that maybe today was going to be a bad day."

American Donald Young rallied from down two sets and a break to stun 11th-seeded Gilles Simon. The 68th-ranked Young won 2-6, 4-6, 6-4, 6-4 in 3 hours, 34 minutes with a packed Court 17 urging him on.

Simon had been 5-0 against Young. The Frenchman lost in the opening round for the first time in nine appearances at Flushing Meadows.

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## RECIPE Penne with Roasted Asparagus, Cherry Tomato, Arugula and Goat Cheese



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

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#### Ready in

Prep time: 10 minutes

Cook time: 10 minutes

#### Ingredients

- 2 cups uncooked penne
  - 12 medium asparagus spears, trimmed
  - 2 cups cherry or grape tomatoes
  - 2 oz crumbled goat cheese (1/2 cup)
  - 1/2 cup pitted black olives, sliced in half
  - 2 cups baby arugula or spinach
- Dressing
- 2 Tbsp olive oil
  - 2 Tbsp lemon juice
  - 2 tsp Dijon mustard
  - 1 tsp minced garlic
  - Salt and pepper

#### Directions

1. In preheated oven of 400 F,

place asparagus and cherry tomatoes on baking sheet. Spray with vegetable oil and roast for 10 minutes.

2. Meanwhile, in a pot of boiling water, cook penne until just firm to the bite, about eight minutes. Drain and place in serving bowl. Cut asparagus into one-inch lengths and add to pasta along with tomatoes.

3. Add cheese, olives and arugula to pasta.

4. Dressing: Combine ingredients in small bowl and add to pasta.

#### Nutrition per serving (recipe serves 4)

- Calories 390
- Protein 13 g
- Carbohydrates 53 g
- Fibre 4 g
- Total fat 14 g
- Saturated fat 4 g
- Cholesterol 10 mg
- Sodium 230 mg

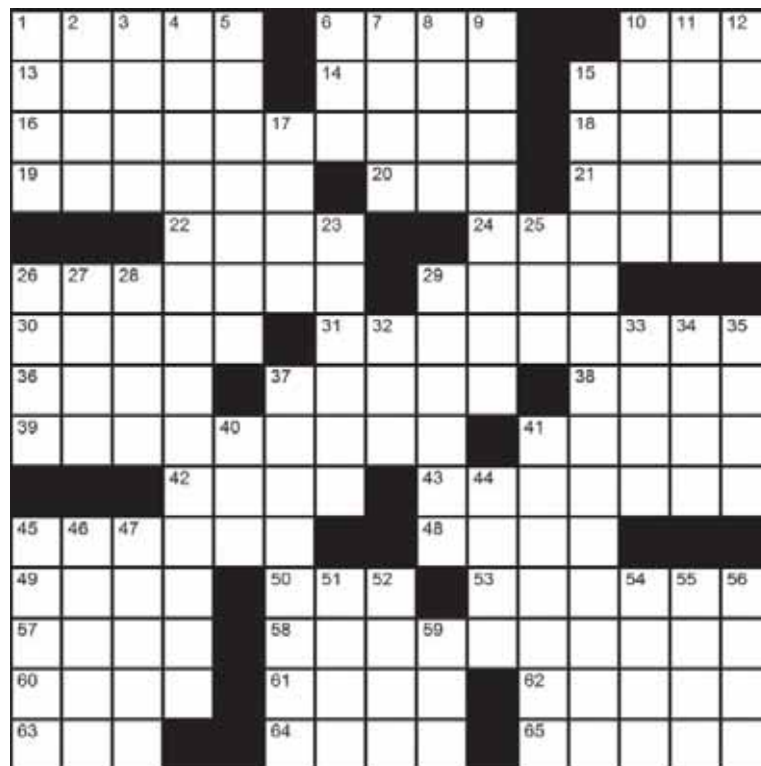
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Arcade Fire's "Neighborhood #2 ( )"
6. Hightail it
10. "Curb Your Enthusiasm" star Mr. David, casually
13. Wearing \_ \_ (Smiling)
14. Stockings
15. "The Flintstones" pet
16. Realm for a journalist's work: 2 wds.
18. Swedish store
19. Horse riding seat
20. Wild ox
21. Enthusiasm
22. Packet of paper
24. Harry Potter, for one
26. Toronto-born actress Ms. Watson whose name is Western-inspired
29. Movie company
30. Provokes
31. Particular potato: 2 wds.
36. Terrestrial stage newts
37. Divulged
38. Family suffix in zoology
39. Youngest daughter of Princess Grace of Monaco
41. Apple pie serving
42. 'Christ' suffix (Some religious people)
43. Some brand name tea bags
45. Spain's capital
48. Captain Hook's sidekick



49. Juice berry
50. Entirely
53. Prepares the potatoes this way
57. Light baseball hit
58. Randy Bachman prop: 2 wds.
60. Abbreviated list-enders

61. Naturalness
62. Shatner's famous co-star
63. Ms. Remick
64. Double
65. Mattress manufacturer

### DOWN

1. \_ it up (Eats

- heartily)
2. Taj Mahal's site
3. "How can \_ my garden of slugs?" (Gardener-to-expert query)
4. Green Gables... Dear friends, to Anne Shirley: 2 wds.
5. Rustic cabin

- decorations
6. " \_ Bop" by Cyndi Lauper
7. "Agent \_ Banks" (2003)
8. "Heat of the Moment" band
9. Material used for building boats
10. " \_ \_ Rolling Stone"

- by Bob Dylan
11. Close by, in verse
12. Willy Wonka creator Mr. Dahl
15. American jazz trumpeter who collaborated with Canadian pianist Oscar Peterson: 2 wds.
17. Nitty-gritty
23. Ancient peoples of Chichen Itza
25. Auberge
26. Eras
27. Artist's workplace
28. Diminish
29. Acting's Mr. Ulrich, and namesakes
32. Mr. Geller
33. Garfield's pal
34. Delicate, as a doily
35. Kiki and Sandra
37. Covered with medical wrapping
40. "Bali \_": Song from "South Pacific" (1958)
41. The 'S' of writer T.S. Eliot's name
44. English actress Ms. Watson
45. Silent movies star Ms. Normand (b.1892 - d.1930)
46. Razor-sharp
47. Do the waltz
51. Hawaiian happening
52. Ms. Kudrow
54. "Give \_ \_ round of applause!" (Clap for this guy, people!)
55. Environmental sci.
56. Vodka brand
59. \_ Aviv, Israel

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Everything in life happens for a reason, so don't get uptight if you don't like what occurs today. What you call "bad luck" may in fact be good luck, adjust your perspective.

**Taurus** April 21 - May 21  
Don't take anything too seriously. If you let yourself get annoyed too easily you will look back and realize how much time and energy you wasted on things that don't matter.

**Gemini** May 22 - June 21  
Sometimes it can be difficult to know whether to laugh or cry and what happens today will certainly leave you with mixed emotions. If you feel depressed, look up a friend you have not seen in a while.

**Cancer** June 22 - July 23  
Stay patient because if you get restless you may do something you later regret. Act as if you are being watched by people on whom your future depends.

**Leo** July 24 - Aug. 23  
There is no point trying to hide your feelings because everyone can read the look on your face. Why would you want to hide your feelings anyway? People expect you to be outspoken.

**Virgo** Aug. 24 - Sept. 23  
Stop lamenting what might have been and start looking forward to what still can be. You have the talent and the tenacity to turn things around. Your future is bright.

**Libra** Sept. 24 - Oct. 23  
Forget about your chores and do something that makes you feel alive. Stay positive, because then and only then will you make a good job of what you are working on.

**Scorpio** Oct. 24 - Nov. 22  
There are a lot of strange things going on around you at the moment. Should you be worried? No. Whatever may be going on it is not directed at you personally. You may in fact benefit in the long-term.

**Sagittarius** Nov. 23 - Dec. 21  
It's time to get rid of all your old junk. And not just physical junk, but mental and emotional junk too. You will have more space for the things, and people, that matter.

**Capricorn** Dec. 22 - Jan. 20  
You seem to be worried that something of value is being taken from you but ask yourself: how many times in the past have your worries proved to be unfounded? Stop worrying and start living.

**Aquarius** Jan. 21 - Feb. 19  
You have important things to do today but what matters most is the way you do it. Once others see your confident air they will respect you and do whatever you ask of them.

**Pisces** Feb. 20 - March 20  
You are assertive, but don't force people to do things your way when they don't want to. You may succeed but you will also create bad feelings. Think before you act.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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